



# GUARD FAMILY CONNECTION

Volume 4, No. 1 North Carolina National Guard



## The Child



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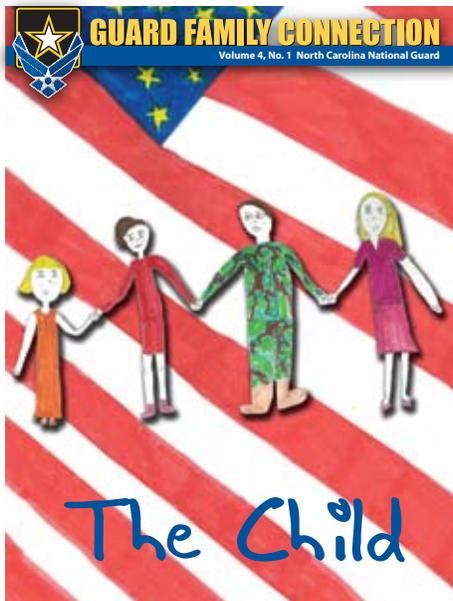
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### On the cover >>

N.C. National Guard children touch our community in so many ways. Often the most public face for the Guard are children of deployed Soldiers and Airmen who daily interact with hundreds of students, dozens of teachers and administrators, various sport, scout, church and other organizations. Civic groups raise money and offer donations for guard children. Children who are involved in the Guard through Family Support, Family Day activities, Kids on Guard and other programs understand what their Guard parent does and why it is important.





## Formula for Success

The end of the year is a good time to reflect on where we have been, what we have accomplished and generally take moment to pause and think about where we are headed in the coming year.

This year I am so proud of our Family Programs Office, when I look over the last year and see where they have continued to provide great services to our families while adjusting to the dynamic needs of those at home and deployed. They coordinated help from businesses, citizens and organizations across the state who want to help us in numerous ways.

I am especially thankful for the Governor and State Legislature who approved the funding for several important areas to the NC National Guard one of those being the new Super Family Assistance Centers (FAC). These facilities will have three full time personnel, will be a stand alone building and are direct outgrowth of what our military families have needed. All these acknowledgements reflect an understanding of our National Guard from communities that are ready and willing to help our Soldiers, Airmen and their families who serve our state and nation.

Many of you know the stresses that Guardsmen face during a deployment and how it can push them and their families to their limits. The deployed Soldier or Airmen and their family operate within a different world view during a deployment. The Spouse at home has to take care of things so their Guardsmen can focus on their mission. The Guardsmen's life and the lives of their fellow Guardsmen depend on it. The Family Programs office exists to help you and your family get the information, product or service you need.

These times of high stress will affect our kids too. That is why spending time with them is important when the time is ours, but when the time is not ours there are ways to help your children through the stress that happens at home. We have the Kids On Guard program which lets our Guard children be with other Guard children of their own age so they know they are not alone during a parent's absence. We have been featuring in Guard Family Connection the columns from "Zero to Three" helping



the littlest members of our Guard Family. We have a whole section in our Family Programs office dedicated to youth activities. Help for you and them is only a phone call away.

Everything we do in our families is interconnected, if you are the adult that has stayed behind and you can get the help you need, then you are a stable force for your children. If the kids are getting the outlet they need through activities and friendships with other Guard kids, they will make it through the deployment experience as well. This in turn helps the adult at home, and especially the Guardsmen deployed. This is a formula for success not only on the battlefield, but also at home.

Like everything in life there will be challenges, that is part of the nature of what we must contend with being a Guardsmen during a time of war. I want to stress to you that Lil and I hope you will reach out to your fellow military family members, Family Readiness Group, or Family Assistance Centers where you will find a listening ear, a helping hand and someone who is ready to help you and your family. Who knows, you might just be the person to help another Guard Family this upcoming year.

May this New Year be filled with joy and much success in your family.

William E. Ingram Jr.  
The Adjutant General  
NC National Guard



### THE SOLDIERS CREED

I am an American Soldier.

I am a Warrior and a member of a team.  
I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.

I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.



### AIRMAN'S CREED

I am an American Airman

I am a Warrior.

I have answered my Nation's call.

I am an American Airman.

My mission is to fly, fight, and win.

I am faithful to a proud heritage,

A tradition of honor, and a legacy of valor.

I am an American Airman,  
Guardian of freedom and justice,  
My Nation's sword and shield,  
It's sentry and avenger.

I defend my country with my life.

I am an American Airman:  
Wingman, leader, warrior

I will never leave an Airman behind,

I will never falter,  
and I will not fail.



# Family Connections

## Thanks to All

### By Diane Coffill

Family Readiness Program

As 2007 comes to a close, I want to take this opportunity to thank all of you who volunteered with Family Programs in 2007. It takes a very special person to give freely of themselves to volunteer, not only with NCNG, but with any organization. Every person volunteers for a different reason, some for personal fulfillment, others for knowledge, camaraderie, or the opportunity to be part of something bigger. Even more people volunteer by providing "things" for people in need, like sponsoring snacks or meals for a Kids on Guard event, a Thanksgiving dinner for a family in need, even helping to raise awareness in your community, school or church, or by sending a Holiday card to a service member who is away from home.

For us, in 2007, you volunteered to help with Family Readiness Groups, keeping Families informed and ready for whatever comes their way; with Kids on Guard, with the Family Programs office, by stuffing envelopes to enable us to mail information to Families. Volunteering is not just done by "civilians" or "family members". It's done by Soldiers, Airmen, CEO's, Social Workers, Lawyers, Teachers, and people from all walks of life.

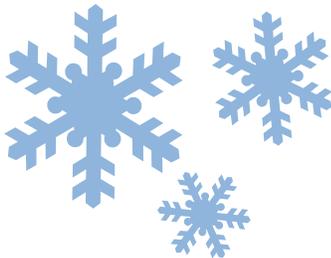
As we move into 2008, we will again look to you for help in keeping our Families ready for whatever faces them, helping our children by continuing to keep our Families in your hearts and minds.

Sincerely,  
Diane Coffill  
State Family Program Director



Diane Coffill

State Family Program Director



Check us out! We're on the Web...  
[www.nc.ngb.army.mil/family](http://www.nc.ngb.army.mil/family)

## A Family Assistance Center Near You:

### Angelena Dockery (Raleigh)

State FAC Coordinator, Family Readiness Program

4105 Reedy Creek Rd Raleigh, NC 27607-6410

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Toll-Free: 800-621-4136 ext. 7583

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## North Carolina “Returning Support for Veterans Program (RSVP)”

### Veterans Resources:

Toll-free: 800-621-4136 ext. 6573

Office: 919-664-6573

Email: [andrew.jackson1@us.army.mil](mailto:andrew.jackson1@us.army.mil)

Wounded Warrior and Family Hotline: 800-984-8523

### Job Resources Available to Veterans:

#### Hire Vets First [www.hirevetsfirst.gov](http://www.hirevetsfirst.gov)

A division of the U.S. Department of Labor, helps connect ex-military members with employers.

#### Recruit Military [www.recruitmilitary.com](http://www.recruitmilitary.com)

A private job-placement firm, plans to hold job fairs in Raleigh in February and June.

Some other resources for ex-veterans seeking jobs:

- G.I. Jobs: [www.gijobs.net](http://www.gijobs.net)
- Orion International: [www.orioninternational.com](http://www.orioninternational.com)
- Lucas Group: [www.lucasgroup.com/military](http://www.lucasgroup.com/military)
- Bradley-Morris: [www.bradley-morris.com](http://www.bradley-morris.com)
- Veteran Job Search: [www.veteranemployment.com](http://www.veteranemployment.com)
- The Compass Group: [www.thecompassgroup.com](http://www.thecompassgroup.com)

### Veteran-Friendly Companies:

#### G.I. Jobs [www.gijobs.net](http://www.gijobs.net)

A resource for jobs that publishes an annual list of companies considered welcoming to ex-military workers.

Here are a few examples of companies with local operations:

Home Depot  
General Electric  
AT&T  
Sprint Nextel  
Progress Energy  
Southwest Airlines  
Bank of America  
Merck  
Allstate



**Andrew Jackson**  
Transition Assistance Advisor

**By Andrew Jackson**  
Veterans Affairs

As a returning veteran, you are eligible for some very important US Department of Veterans Affairs (VA) benefits. In addition to these federal benefits, certain state benefits are also available. Navigating through the many programs may be difficult; therefore, the state of North Carolina has created the “Returning Support for Veterans Program (RSVP)”. RSVP is a one-stop location where you can get all the information you need whether your concern is veterans benefits, education, health services, jobs, or other issues. RSVP is for you.

You can access RSVP by calling the North Carolina Department of Health and Human Services’ CARE-LINE at 1-800-662-7030, (TDD/TTY 1-877-452-2514) between 8:00 a.m. and 5:00 p.m. Monday through Friday or by emailing ([care.line@ncmail.net](mailto:care.line@ncmail.net)). You can also access the North Carolina Division of Veterans Affairs for benefit assistance by logging onto their website at ([www.ncveterans.net](http://www.ncveterans.net)) and finding the county or district service office closest to you. The trained staff there will be available to assist you and your families as you reenter civilian life in North Carolina.

One benefit the military offers to all Soldiers and Airmen is experience. When they re-enter their civilian lives in North Carolina they come back with more experience and knowledge than before. This can be difficult for many to explain to civilian organizations in a resume.

There are several websites available to guide Guardmembers in the right direction on how to highlight military skills in the civilian world. An example from [www.hirevetsfirst.gov](http://www.hirevetsfirst.gov), O\*NET, the Occupational Information Network, is a comprehensive database of occupational skills, knowledge, and abilities that can help you align your military experience, education, and training curricula with current civilian workplace needs.

There are many experts in the civilian market to help veterans use their skills. An article (by Jeff Taylor) *Relate your Military Service to the Civilian Job Market* describes the gap between military skills and civilian skills. “It’s very common to see military resumes that are too long, too broadly focused and filled with military jargon.” Write your summary with the job you target in mind, and state in the objective that you wish to transition your relevant military skills into that job ...the hard part: Information that does not relate to your goal should be eliminated from your resume.”



# Family Focus

## Super FAC



A Kids on Guard camper learns what the National Guard does during drill weekends at Camp Butner. Kids on Guard is just one of the programs for families from Family Programs that connect children to the Guard. (Photo by Sgt. Robert Jordan)

### **By Sgt. Robert Jordan** NCNG Public Affairs

Family Assistance Center, the name says it all. The FAC located in the armory, is designed for the guard family that needs help and is not near the traditional support found at a military base. As deployments and other demands on Guard families increase, there is a new program to meet the growing need.

The Super FAC, funded by the State of North Carolina, is a regional facility with full time staff. Super FAC's may be found close to military support services. The services include Tricare, Veterans Administration, Judge Advocate and other legal assistance, family education and youth activities. Three, located at Lenoir, Greenville and Greensboro, are currently planned for 2008 and several more are proposed

for locations across the state.

"Armories are limited on space, these Super FACs allow for more room and a stability being there for families on a consistent basis. FACs are federally funded and move according to deployment numbers and locations" said Diane Cofill State Family Program Coordinator

Three full time workers, a network coordinator, FAC specialist and social worker will be on site at each super FAC. These workers coordinate volunteer efforts, have direct access to TRICARE representatives, Employer Support for the Guard and Reserve, local veteran centers and 4-H facilities and other service providers on a rotating basis.

"Guard Families do not live near military bases. The Super FAC is a military instillation that is a one stop shop for information, services,

referrals, education and fun," said Cofill. "Guard families do not need to call an automated system they need to see someone face to face." These Super FACs are to build on the support network of the 5 current FACs located in unit armories in Asheville, Morganton, Charlotte, Smithfield and Greensboro.

Computer facilities for finding TRICARE doctors in the area, creating Army Knowledge Online accounts and other cyber resources will be available at the Super FAC. Child friendly areas and meeting rooms for Family Readiness Groups and other gatherings are part of the Super FAC. Feedback from families and Guard Members will allow the Super FAC to adapt to the needs of Guard Families and bring the best services and professionals in to the community where they serve, drill and live.



## Supporting Your Child While a Parent Is Deployed

### By Zero to Three

Deployment can take a heavy toll on military families. As parents of young children cope with their own feelings, it is easy for them to lose sight of what their babies or toddlers may be experiencing. Although often unable to express themselves well, babies and toddlers do miss the active duty parent and need help getting through this difficult time.

Even the youngest baby can miss her deployed parent. The earliest years have so much to do with making positive bonds and building trust. Very young children are wired to seek close and trusting relationships with their caregivers. Through everyday routines such as reading books, changing diapers, feeding, cuddling and soothing, parents provide experiences that build bonds. When the deployed parent leaves, so do some of these sources of comfort. Fortunately, the remaining caregiver can help ease this loss by continuing to offer loving activities and routines.

Caregivers can be supportive during deployments simply by understanding how young children's emotions and behaviors are connected. Young children who are missing their parent might show changes in behavior, including regression (a return to earlier behaviors, such as thumb sucking), clinginess, sleep difficulties, aggression, and/or other challenging behaviors. Caregivers who recognize that young children often communicate their feelings through their behaviors may be more likely to respond with empathy and patience, rather than with frustration and anger.

It is important for babies and toddlers to stay connected with the active duty parent as much as possible during deployment. A young child

needs to know that his parent remains an important part of the family and that he is held in his parent's heart and mind. This can be communicated in so many different ways! For example, letters, photos, and artwork can be exchanged and celebrated throughout the deployment. These things can be placed in albums or other special places, available to a young child to explore before and after the parent's return. The remaining caregiver can share memories of the deployed parent, including times that the parent

***"I miss my Mommy/Daddy. I know you're sad too, but can I count on you while she/he is away?"***

spent with the young child. These stories can paint a vivid and loving picture of the deployed parent and the special role that parent played, and continues to play, in the child's life.

There are many other activities that can help keep family members feel connected. Prior to deployment, the active duty parent can videotape himself or herself reading books and/or singing songs. The videotape can be played daily, even becoming a part of the bedtime routine. Pictures of the deployed parent can be hung on the wall, refrigerator, or even given to the child for them to carry around, kiss, or talk to every day. Young children can get a "kiss" from the deployed parent every night by grabbing a Hershey's chocolate out of a big bowl. These kinds of experiences can become their own comforting routines and rituals.

During a combat deployment, family members may be understandably anxious about the active duty parent's safety and turn to news coverage for information. It's important that caregivers are sensitive to the impact that news media images may have on children, even babies and toddlers. Very young children can feel distressed and confused, both by the sights and sounds coming from

the television and by their caregivers' reactions. Caregivers who are too focused on the media coverage may become upset or not as attuned to the needs of their young children. It is important that families have access to direct and reliable sources of information, such as command-sponsored spouse organizations, whose representatives will be available to address their fears and concerns. Caregivers can then focus their energy and attention, not on the television but on establishing a relaxed and nurturing home for themselves and their children.

The deployment stage can be exhausting, and it is important for parents and caregivers to find ways to be good to themselves. By nurturing themselves, they have a greater capacity to care for their babies and toddlers. Families are encouraged to seek support through relatives, friends, and community agencies. Counseling services, playgroups, spiritual organizations, parenting education services, and child-care agencies are often readily available to military families, both on and off installation. Contact your installation Family Center or Military OneSource at 1-800-342-9647 for support and referral.

ZERO TO THREE is a national nonprofit whose mission is to support the healthy development and well-being of infants, toddlers, and their families. For more information on ways to support you and your young children, visit our Web site at: [www.zerotothree.org/military](http://www.zerotothree.org/military)

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# The Child

## Giving with Gifts

**By Sgt. Robert Jordan**  
NCNG Public Affairs

Barnes and Nobles of Cary donated over 2000 books for families of deployed Soldiers and Airmen as of 9 Dec. during a book drive at the store to be held through December. Customers and the store donated the books as part of the store's annual Christmas book drive.

A different organization is chosen for the annual drive that starts after Thanksgiving by the store. Customers can purchase books for donation, pay for gift wrapping of their purchases with the proceeds going to the drive and many books are donated by the staff and the store directly.

Linda Maloof, community relations manager, Barnes and Noble of Cary, got the idea from one of her employees. "One of our employees has been in the National Guard for 17 years and he recently deployed so we got the idea we wanted to do something for the families of the troops," said Maloof.

The response to the Barnes and



**Sonja Blalock, Family Readiness Group Leader (right), and Mrs. Lil Ingram, wife of Maj. Gen. William E. Ingram, Jr., Adjutant General of the North Carolina National Guard, wrap gifts for customers during the store's annual charity book drive supporting this year Family Assistance programs in December. (Photo by Sgt. Robert Jordan)**

Nobel drive took Family Assistance by surprise, "we figured 50 books and when Alice Dean, the State Youth Coordinator, called and said they had donated 11

cases stuffing her explorer full," said Diane Coffill, State Family Programs Director.

## 4-H Program Reaches Out to Military Children

**By Cadet Glenn Draughon**  
NCNG Public Affairs

More than 300 teenagers, ranging in age from 12 to 16, attended the annual North Carolina 4-H conference on November 17th on the North Carolina State University Campus. The conference included 4-H integration with Operation Military Kids (OMK). OMK is an organization committed to creating networks and programs to help military children cope with the deployment of a parent. Additionally, this program is designed to educate civilians about military culture and the deployment process as well as provide "hero packs" filled with items designed to help children connect with a deployed parent. OMK has partnered with North

Carolina 4-H, The American Legion, Military Child Education Coalition, and the North Carolina National Guard in an effort to bring community awareness and programs to the children of deployed soldiers.

One of OMK's core programs is Speak Out for Military Kids (SOMK), a youth-led, adult-supported project that generates community awareness of issues faced by the youth of military families. State project manager, Scott Enroughty said, "The goals at the conference were to get children familiar with making presentations, develop media relations skills and practice team building exercises." A life long member of 4-H, Enroughty added, "the children will go back to their communities and present the SOMK's message at various

civic meetings such as the Ruritan or Lion's club."

One segment of the 4-H – OMK collaboration is a week of 4-H camp. In July, OMK provided National Guard youth the opportunity to attend 4-H camp at one of North Carolina's 4-H centers. Five National Guard youth had the opportunity to attend 4-H camp this summer through the partnership. While at camp, the five National Guard youths focused on building coping skills and creating positive outlets during their time at Millstone 4-H Camp.

As each National Guard youth left camp to journey home, they expressed sincere gratitude and excitement for their experiences at 4-H camp.



## Funding Higher Education

**By Capt. Christopher Joyner**  
NCNG Public Affairs

If you're a parent, and 51% of North Carolina National Guardsmen are, you want the best for your children. You want them to grow up in a loving home, participate in meaningful activities and build an academic foundation that will ultimately support the future you and them dream of realizing one day. For many in America, that dream includes college, the best four to six years in a person's life. And if your kids are going to go to college, it's going to cost big bucks. How are you going to pay?

If the youngsters are still young, you have some time to plan and you're thinking about this at the best time. If they're about to be on their way to college, you'll need to be thinking about a whole new set of ideas. Either way, a little bit of proactive thinking and planning can save a lot of money and stress later.

For those out there with youngsters. Just because your boy is playing Pop Warner Football doesn't mean you need to put off planning for college for that pint sized Joe Montana. You can start planning now. Probably the most effective way to plan and pay for college is to invest in a 529 Savings Plan. The 529 Savings Plan allows you to make tax deductible contributions towards your child's college education far before you drop him or her off at a college dorm. 529 Savings Plans can be set up through banks like USAA, investment organizations like Vanguard or the College Foundation of North Carolina, CFNC. You'll need a professional to set up the plan and they'll go through the details. The important thing to remember about these plans is they can be transferred from one child to another without penalty and the money or interest earned is never taxed.

If you have a child that has long sense kicked off their training wheels and traded in that BMX for a Honda, you're probably at the point of looking for federal financial aid or scholarships. It's important to remember that every accredited college in the United States



has a financial aid department associated with the college. Your first stop after you receive an acceptance letter is to complete a federal financial aid application. These are free and are available at all public and private institutions of higher learning. At no time should you ever pay any fee to apply for federal financial aid.

While at the financial aid office, inquire about scholarships. Many schools have institution specific scholarships available to students who meet very narrow specifications. For the most comprehensive guide to available scholarships in the US, check out <http://www.finaid.org/>.

Once you've exhausted the opportunities listed, you'll want to check out scholarships specifically associated with the National Guard and the US Military. The North Carolina National Guard Association offers scholarships and you should contact their Educational Foundation office for more details.

Another scholarship prospect you may not have thought about is the Commissary Scholarship Program. Go to [www.militaryscholar.org](http://www.militaryscholar.org) to learn more.

If your son or daughter has a desire to follow in your footsteps and join the military ranks, a ROTC scholarship might be the ticket. There are specific scholarships dedicated to cadets who are going to remain in the National Guard and they're worth checking out. You'll want to talk to a qualified ROTC instructor to get the latest in offerings and availability.

Regardless how you figure out how to fund, or help them fund, their college education, remember that the North Carolina National Guard is a family organization. If you don't know what you are going to do, ask another guardsman. We have everything from plumbers to investment bankers in our ranks. Chances are, you'll find someone who can help.



# ATION GUARD



NATIONAL GUARD  
"Family Always"





# The Child

## Next Stop . . . . . STARBASE



Students at South Toe Elementary in Burnsville, Yancey County investigate the inside of a North Carolina National Guard UH-60 Blackhawk helicopter as part of a visit by STARBASE to their school. (Photo by Maj. Michele P. Harper 449th T.A.B.)

### **By Sgt. Robert Jordan** NCNG Public Affairs

The helicopter piloted by Maj. Michele P. Harper, 449th Theater Aviation Brigade, circles the elementary school's athletic field looking for the best place to land as students look on eagerly. The UH-60 Blackhawk descends kicking up sand and grass; touchdown. The doors open and the school's new faculty for the next week come out, instructors of the North Carolina National Guard's STARBASE program.

STARBASE has facilities located at the Air Guard Facility in Charlotte and at Ft. Fisher in Kure Beach. If the participating students are close enough they will visit one of the facilities. Otherwise, the STARBASE personnel arrive by Guard helicopter at the beginning of the week

to become instructors at the schools. .

The lessons revolve around the airpower, aviation and the Air Guard with lesson plans ranging from the history of airpower to math and science applied to aircraft in flight.

The program also addresses substance abuse prevention, health, self-esteem and life skills.

"In rural areas children are ecstatic to see the Blackhawk and it promotes the Guard in a positive light doing things for the community on how we help with hurricanes, communities and not just the warfight," said Harper, who is also the Deputy Director of STARBASE Charlotte.

The program also fulfills the dream of most students of carting off the teachers, senior administrators

and coaches by helicopter. But, they are brought back with a greater understanding of aviation by the Guard orientation flight. These school leaders then can influence children who might be curious about airpower the military or the Guard in particular.

"Every single time we go to a school the teachers are excited and they can show kids opportunities in math and science," said Harper.

Over 37 thousand students have been taught across 81 counties by STARBASE instructors in the program's 15 years. STARBASE is funded by the Department of Defense and is free to all participating schools. The program targets schools with high populations of "at risk" students. For more information call 704-398-4819.



## More at Four Pre-Kindergarten Program



### More at Four pre-kindergarten program



The More at Four Pre-Kindergarten Program is a high-quality, state-funded pre-k program that serves children who are at risk and prepares them for success in school. Pre-kindergarten is a key state investment for ensuring school readiness for North Carolina's children and helping children receive the support they need. More at Four serves children who are four years old by October 16, will be entering kindergarten the following year, and meet eligibility requirements.

Starting in the 2007-08 school year, eligibility for More at Four has expanded to provide services for children with a parent or legal guardian who is on Alert or Active Duty with the United States Armed Forces, North Carolina National Guard or Reserves. A child whose parent or legal guardian has been seriously injured or killed while on Active Duty is also eligible.

Children served by More at Four attend a full school day, full school year program that meets high-quality state standards. The program is community based and availability varies by county. Children participating in More at Four may be served in classrooms in the public schools, licensed child care centers or Head Start programs.

Children's experiences in More at Four are rooted in North Carolina's early learning standards for preschoolers, called Foundations. These standards incorporate the five domains of development and learning fundamental to school readiness: approaches to learning, emotional and social development, health and physical development, language development and communication, and cognitive

development. More at Four teachers engage children in active learning with a focus on each domain. More at Four staff value the diversity of children and their families and are responsive to the needs of individual children.

For more information and to apply for the program contact the agency that administers the More at Four Pre-Kindergarten Program in your county. This agency varies by county, but is typically the local public school system or the local Smart Start Partnership for Children.

The NC National Guard's Family Assistance Center in your area can refer you to the More at Four contact in your county. Visit the NC National Guard's web site at [www.nc.ngb.army.mil](http://www.nc.ngb.army.mil)

**Alice Dean, State Youth Coordinator**  
1-800-621-4136 ext. 7616  
(919) 664-7616  
[alice.dean@us.army.mil](mailto:alice.dean@us.army.mil)

The NC Office of School Readiness can also refer you to the More at Four contact in your county.

[www.osr.nc.gov](http://www.osr.nc.gov)  
(919) 981-5300



#### Children in More at Four:

Learn about letters, colors, shapes and numbers

Learn to develop positive relationships with peers and teachers

Listen to stories and learn about books

Explore math, science, art and music

Expand language skills

Develop a positive sense of self and an enthusiasm for learning

Explore and play outside daily

*"We must build a system of education in North Carolina that gives every child every opportunity to succeed, regardless of geographic location or economic condition. If we are to eliminate the achievement gap and give all children a chance to succeed, then we must provide high-quality pre-k opportunities to our four-year-olds who need them the most."*

*-Governor Michael F. Easley*





# The Child



## Check your Readiness

### Personal Matters

- Completed the personal Information Page
- Discussed communication during deployment
- Contacted my family program coordinator
- Prepared a Family Care Plan
- Obtained ID cards for each family member
- Completed the Emergency Information Worksheet
- Discussed feelings and included children in discussions
- Learned how benefits will change during deployment

### Legal Matters

- Created and/or updated my will
- Designated a power of attorney
- Completed my estate planning
- Designated legal guardians for children
- Completed the Personal and Family Documents Worksheet
- Safely stored important documents
- Completed the Property Worksheet
- Completed the Record of Emergency Data

### Financial Matters

- Discussed financial matters with loved ones
- Established needed allotments
- Developed a budget
- Selected life insurance
- Selected health insurance
- Learned about medical and dental care
- Enrolled my family in DEERS
- Arranged for paying bills/taxes

### Practical Matters

- Put security measures in place
- Checked smoke detectors and replaces batteries, as needed
- Made sure appliances are in good repair
- Made sure vehicles are in good repair
- Provided a current list of people to contact for household repairs
- Made arrangements for household repairs
- Made arrangements for moving, if necessary
- Made a list of health-care providers



## Kids Who Care



Stanly County Center 4-H children and Melody Sikes, Stanly County 4-H Youth Development Extension agent this October hand out "hero backpacks" to children of 145th Security Forces Squadron Airmen who will deploy in support of Operation Iraqi Freedom. (photo by Master Sgt. Daniel Beaudreau)

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### By Sharon Clontz and Sue Earnhardt

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You are never too old or too young to learn. A true statement, particularly when you are speaking about "Operation Kids on Guard 2007." Even after being involved with the Guard, Sharon for 34 years and Sue for 39 years, we learned more this year during 2007 Operation Kids on Guard.

This Junior Deployment day is for military children designed to teach kids about their Dad or Mom's job in the Military while also giving them an opportunity to share their concerns and ask questions about deployments with other children and adults. The entire program is designed around helping kids understand why a parent is suddenly away from home and to reassure them that their family extends to the GUARD FAMILY, where members and volunteers will always be there for them.

Activities for the day included the children processing in and receiving their KOG T-shirt, ID cards, and dog tags. Next was the opening ceremony, presentation of Colors by the Tarheel ChalleNGe cadets and a special presentation by the Tarheel ChalleNGe Drill Team. It was then off to their activities. Activities included Fort Bragg's Army Community Services "Puppet Show"; Geo-Caching Treasure Hunts using GPS units; Badin Fire Department Smoke House and Smokey the Bear; C-130 aircraft performing Air Drops; the Task Force's Drug Demand Reduction staff conducted experiential exercises focused on Life Skills and team work; Rock Climbing Wall; obstacle course; smaller children were mesmerized by the storyteller's stories;

and the 156th Weather Flight displayed "How to Survive Severe Weather." By far the two biggest hit was the 145th Airlift Wing Mini C-130, giving small children the feeling of flying in a real plane, while older children who have an interest in aviation, EAA Young Eagle Program offered for a second year an opportunity to learn about airplanes and 126 children were able to experience an airplane ride in a civilian aircraft.

Yes, it was fun! Some of the kids even admitted that learning was fun.

"Enjoyed watching Tarheel ChalleNGe Group – liked the flag carrier the best. They can't make mistakes because it would mess up the whole group," Josh stated

Alicia added, "I drove the airplane in the air, felt like I was on a roller coaster".

Hayden said, "Stop, drop, and roll, they had smoke in the bedroom of the firehouse!"

Hallie stated, "Team Skiing is hard, learned it took team work and someone had to be a leader".

What we, personally, realized was that this "training" and "fun" for the kids can assist Commanders and Unit Supervisors as they support their military members and their families during peacetime and always to be ready for possible mobilization. Operation Kids on Guard fosters learning, caring, and understanding for "Guard Kids" and forms a connection with our future generations. Through family readiness programs such as this, military members, families, volunteers, and communities support those in service, thus allowing National Guard units and their members to concentrate on their tasks/duties at hand, knowing that their families have a broader community of assistance to rely on.



Children attending a Kids on Guard Junior Deployment Day at New London Regional Training Site stand in front of a mini C-130, a smaller scale non-flying mock up of aircraft that the 145th Airlift Wing flies on missions around the world, with a wing C-130 on the runway in the background (left). (photo by Tech. Sgt. Brian Christiansen)

# Service at Home and Abroad

## NCARNG Units



### 30TH BRIGADE COMBAT TEAM (HEAVY)

- 30th Headquarters Headquarters Co.
- 30th Special Troops Battalion
- 120th Combined Arms Battalion
- 252nd Combined Arms Battalion
- 150th Armored Cavalry Reg (WVARNG)
- 230th Brigade Support Battalion
- 1st Battalion 113th Field Artillery



### 130TH COMBAT SUPPORT BRIGADE (MANEUVER ENHANCEMENT)

- Headquarters Headquarters Co.
- 690th Brigade Support Battalion
- 105th Engineer Battalion
- 505th Engineer Battalion
- 105th Engineer Group



### 449TH THEATER AVIATION BRIGADE

- Headquarters Headquarters Co.
- 1st Battalion 130th Aviation
- Det 1 A Co 1st BN 58th Air Traffic Svcs
- B Co 1st Battalion 126th Aviation Regiment
- 226th Division Aviation Support Battalion



### 60TH TROOP COMMAND

- 42nd Civil Support Team
- 139th Rear Tactical Operations Center
- 730th Quartermaster Battalion
- 5th Battalion 113th Field Artillery
- 217th Personnel Services Company



### 113TH SUSTAINMENT BRIGADE

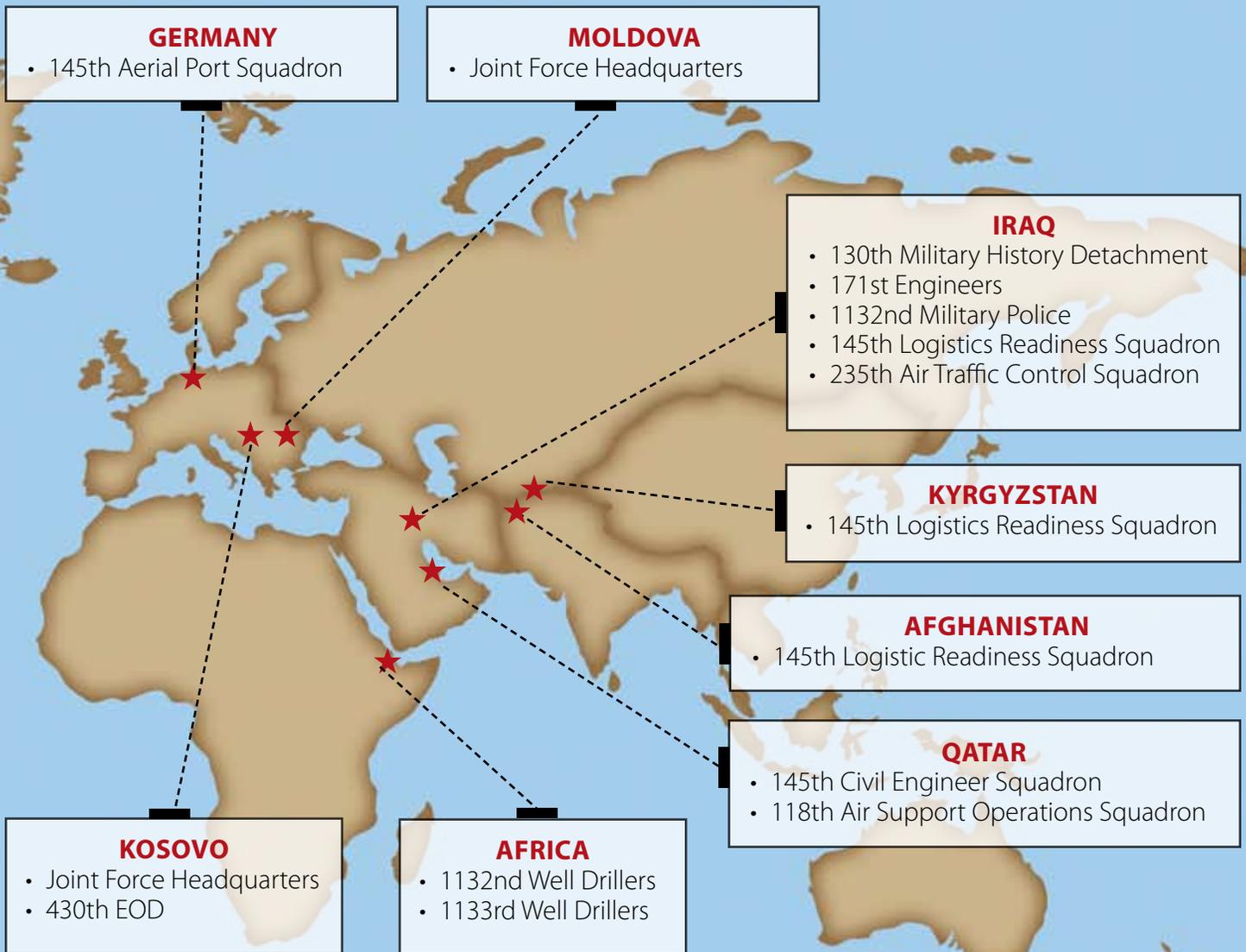
- Headquarters Headquarters Battery
- 105th Military Police Battalion
- C Co 161st Area Medical Services Battalion
- 630th Combat Sustainment Support Battalion

## Deployed Units



**Total deployed = 562 Guardsmen**

# As of 01 December 2007



## NCANG Units



- 145TH AIRLIFT WING**
- 145th Mission Support Group
  - 145th Civil Engineer Squadron
  - 145th Logistics Readiness Squadron
  - 145th Security Forces Squadron
  - 145th Medical Squadron
  - 145th Aircraft Generation Squadron
  - 145th Aerial Port Squadron
  - 145th Maintenance Squadron
  - 145th Aircraft Maintenance Squadron
  - 156th Airlift Squadron
  - 156th Aeromedical Evacuation Squadron



**118TH AIR SUPPORT OPERATIONS SQUADRON**



**235TH AIR TRAFFIC CONTROL SQUADRON**



**263RD COMBAT COMMUNICATIONS SQUADRON**



# Chaplain's Corner

## Excellent Program

**By Maj. Steven King**  
NCNG Chaplain

"Excellent program, well prepared and we need more of these types of programs for soldiers and their families. Thanks to everyone!"

"Well done! Very enjoyable, helpful. The staff obviously worked very hard and did a great job."

These are not the babblings of an optimistic preacher, but rather actual comments made by those who attended one of our marriage enrichment weekend events. I am constantly and pleasantly amazed at how surprised our families often are after attending one of these weekends. I have been sincerely blessed to be involved in helping our couples learn how to better communicate, solve issues and build happier and deeper

relationships, but it has also reminded me just how necessary these events are. No matter how good your marriage currently is, it can be better! There is always room for new growth, especially while living in today's stressed filled environment. For the sake of your children and grandchildren (if you have them), do everything possible to build and deepen your marriage relationship which will create a stronger environment for your family to grow.

We hope to see you at a marriage weekend in 2008- watch for more details for times and places. You may pleasantly end up like one of our spouses who honestly said, "My husband came with the idea he would skip out and go fishing, but was surprised to enjoy the seminar!"

God's Grace and Peace to you all,



**Maj. Steven King**  
Army Chaplain

*If you would like to speak with  
Chaplain King you may call:  
919-664-6198  
or  
1-800-621-6198*

## Children's Postcards for U.S. Military Mailed Across the Globe



You can send your appreciation to U.S. soldiers through a web site sponsored by Xerox at [www.LetsSayThanks.com](http://www.LetsSayThanks.com). The site allows you to write a personalized message on postcards – drawn by kids across the country – which will be printed and sent to deployed forces in Iraq, Afghanistan and elsewhere.

Xerox created [www.LetsSayThanks.com](http://www.LetsSayThanks.com) to give people a way to show their support no matter where they live. Visitors simply click on their favorite design, drawn by children

ages 6-14, and write a personal message to a soldier. The colorful postcards are then printed by Xerox and mailed in care packages by the military support organization Give2theTroops.

To send a card, visit [www.LetsSayThanks.com](http://www.LetsSayThanks.com), click on your favorite postcard design and personalize it with your message, and then hit submit. If you live in the U.S., you can request a copy of the postcard and message to be delivered to you as well.

Postcards sent through [www.LetsSayThanks.com](http://www.LetsSayThanks.com) will be delivered to men and women from all military branches deployed on active duty around the globe-including Iraq, Afghanistan and Asia. If you would like to mail a postcard to your Soldier or Airman, downloadable files are available of each design for you to send on your own.

You can choose one of the pre-selected messages that best expresses your sentiment, or you may write a personal message of support to U.S. troops serving overseas. Since your

message is printed on a postcard to be delivered to troops overseas, space is limited to 472 characters

Please do not include your mailing address, e-mail address or any other personal information directly in your message. Please refrain from including support for or comments about other groups, causes or organizations in your message. The Let's Say Thanks program will not deliver cards with this information to the troops.

Give2TheTroops® is a non-profit organization formed to support the physical, moral, and spiritual health of America's armed forces in combat zones around the world through the letters and packages prepared and shipped by volunteers. It is incorporated and certified as a non-profit charitable organization. The organization is managed by volunteers who ensure that deployed U.S. military members in all branches of service are supported with letters and care packages.



## Guardsmen Kickoff “Red Ribbon Week”

**By 1st Lt. Glenda R. Moore**  
NCNG Counterdrug Taskforce

Members of the North Carolina National Guard’s Counterdrug Task Force participated in “Plant the Promise” at Prospect Elementary School on 24 October 2007. Senior Master Sergeant Rick Hergenreter and Chief Master Sergeant Tom Innes planted tulip bulbs with 3rd and 5th graders at the school near Monroe, North Carolina. The purpose of planting flower bulbs with children, teachers and volunteers during this week provides a unique opportunity to reinforce the “Say No To Drugs” message.

The “Plant the Promise” idea originated from one school who had the idea that planting tulip bulbs would teach children hope, delayed gratification and the promise to take care of what nature

has made, to include their own bodies and lives. This event is just one of the many events held annually in October during the national “Red Ribbon Campaign”.

Red Ribbon week began as the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs. The mission of the “Red Ribbon Campaign” is to present a unified and visible commitment towards the creation of a DRUG-FREE AMERICA. “Plant the Promise” was the theme at Prospect Elementary School’s celebration of “Red Ribbon Week”. Sergeants’ Hergenreter and Innes are assigned to the Drug Demand Reduction Program part of the NC National Guard’s Counterdrug Task Force.



**Chief Master Sgt Tom Innes, a Drug Demand Reduction Technician for the North Carolina Air National Guard, helps children ‘Plant the Promise’ on October 24th at Prospect Elementary School in Monroe, NC, for Red Ribbon Week. (Photo by Tech Sgt Brian E. Christiansen)**

## 145th SFS Deployment Luncheon

**By Kathleen Flaherty**

The 145th Security Forces have been securing our Base and deploying around the world since the start of Operation Enduring Freedom. It is time for a number of them to deploy again. For some it will be their first deployment and for others it is one of many. Many things are on their minds, but first and foremost are their families.

Major Tom Friend, 145th Security Forces Squadron commander, who has deployed numerous times himself, knows first hand that during deployments, the stay behind spouses become both mother and father, attend every school and sports activity, and become handy repairmen.

Every military member is vital to the success of this mission, they are a “team”, but for family readiness, that mission is to ensure that their families are ready and prepared to meet the challenges of this deployment. Briefings



**Children at luncheon in October for families of Airmen in the 145th Security Forces Squadron pose for a photo between getting “hero backpacks” from the Stanly County 4-H and attending briefings and updating ID as part of preparations for the deployment of the squadron in support of Operation Iraqi Freedom. (Photo by Senior Airmen Patti Nelson)**

were given, ID cards issued, and important phone numbers exchanged. Major (Chaplain) Sandy Yow helped families and especially children deal with the emotional issues of deployments. We have said it numerous times that we are

all in this together; that we are all part of the “Air Guard Family”, this luncheon was a great way for Security Forces members and their families to enjoy fellowship with other deploying family members.



## Living in the New Normal

**By Capt. Christopher Joyner**  
NCNG Public Affairs

Children of deceased or severely injured servicemembers can look forward to an ever improving support system thanks to the ongoing hard work and ingenuity of the Military Child Education Coalition.

The Military Child Education Coalition recently launched an initiative, Living in the New Normal, to give families and communities the skills they need to cope with the changes and challenges that face children when a parent is killed or severely wounded while fighting in the war on terror.

The Living in the New Normal initiative connects representatives from many backgrounds that encompass the military, business, municipal leadership, healthcare, education, religious institutions and service providers. In this interaction,

organizers center discussion and plans around professional development, public engagement, and research in grief and loss associated with childhood trauma. The goal is to identify methods of building resilience, identify community recourses and improvement needs, and gain a basic knowledge of how military combat related injuries or death of a parent affects the child.

“By engaging members of the community to establish support networks and become active participants, communities are giving a tremendous gift to the children who are experiencing trauma and loss,” said Patty Shinseki, Military Child Education Coalition board member and head of the Living in the New Normal Initiative.

The Living In the New Norm initiative held a regional conference in Raleigh on the NC State campus August 7th and 8th. Among those in

attendance were: Governor Michael F. Easley’s wife, Mary Easley, Patty Shinseki wife of now retired Gen. Erik K. Shinseki, Maj. Gen. William E. Ingram Jr., and his wife Lil.

If you want to know more about this initiative, go to: <http://www.militarychild.org/linn.asp>.



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